A PARTIAL LIST OF POSSIBLE SPIRITUAL PRACTICES

journaling

meditation

UU prayer beads

fasting

peace vigils

listening to a friend

listening to music

serving on the congregation’s Board of Trustees

needlepoint

antiracism work

writing letters to the editor

painting

therapy

volunteering in the community

cardio kickboxing

bath time with your kids

saying “hello” to cashiers and clerks

dancing

reflecting on the past week’s sermon

teaching RE

going on retreat

washing dishes

taking a bubble bath

chanting

camping

sacred reading

running

random acts of kindness

creating sacred space

giving change to the homeless

pledging to the congregation

being respectful of others

tai chi

going to an art museum

making pottery

attending worship

living with cancer

caring for an ailing parent

living simply

taking time to meditate about family and friends

writing haiku

a book study

playing an instrument

playing with children

praying

yoga

reading poetry

keeping Sabbath

hosting coffee hour

having dinner with friends

studying astronomy

quilting

cycling

recycling

family dinners

tipping large

giving coworkers the benefit of the doubt

singing in the choir

nature walks

recognizing the seed of goodness in the people you work with

working for social change

meditating at your workstation

reciting mantras

reflecting and journaling

e-mailing your governmental representatives

listening to a coworker who’s grieving

grief

gardening

learning about the universe

studying evolution